



# Wellness Canoe

EMPOWERING OUR COMMUNITY, ONE PADDLE AT A TIME.



WELCOME TO OUR

## Wellness Newsletter



Stay Safe, Keep Our Community Safe!

If you're feeling unwell, please refrain from entering our Health and Community Centre unless you have an appointment with our Nurse or Doctor.

To protect our vulnerable members, staff, and outside community guests, including nurses, clinicians, and facilitators, we kindly ask that you wear a mask if you are experiencing cold, flu, or any other illness symptoms.

Thank you for your cooperation and understanding!



In this newsletter you will find:

Latest health information, educational health workshops, clinics, health programming and more. Keep Reading!

# TEMPORARY MATERNITY SERVICE UPDATE

## Ridge Meadows Hospital



  
**Your safety comes first.**

Fraser Health is committed to ensuring safe, quality care for parents and babies.

Due to a temporary shortage of obstetrician-gynecologists, a short-term maternity diversion will be in place at Ridge Meadows Hospital.



### WHAT THIS MEANS

During this time, if you go into labour or have pregnancy concerns, you may be directed to another hospital for delivery.

*This is to make sure you and your baby receive safe, quality care.*



### DIVERSION DATES

**START:**

Thursday,  
**April 30, 2026**  
at 8:00 a.m.

**END:**

Monday,  
**May 5, 2026**  
at 8:00 a.m.



### WHAT YOU SHOULD DO



#### IF YOU HAVE A DOCTOR OR MIDWIFE:

- Your care provider will contact you and help make a plan
- Call the Maternity Unit before going to the hospital
- Follow instructions on where to go



#### IF YOU DO NOT HAVE A PROVIDER:

- Call Ridge Meadows Hospital and ask for the Maternity Unit
- Staff will guide you to the appropriate hospital



### URGENT CONCERNS

If you have urgent concerns for you or your baby:

**Call 9-1-1 immediately.**



### CONTINUING CARE

- Maternity services continue outside of diversion dates
- Prenatal and postnatal care are still available through:



Family doctors



Midwives



### WE ARE WORKING ON SOLUTIONS

Fraser Health continues working with physicians across the region to restore full services as quickly as possible.



### STAY UPDATED

Information may change. Stay connected with your care provider for updates.

For more information, visit [fraserhealth.ca/maternity](https://fraserhealth.ca/maternity)



# Vaccination & Immunization Clinic

Protect yourself & your loved ones!



Date:  
**May 4, 2026**



Time:  
**2:00 pm - 5:00 pm**



Location:  
**Katzie Health and  
Community Centre**



## VACCINE AVAILABLE

- Vaccinations are available for individuals aged 0 to 18.
- Tetanus vaccinations are also accessible for adults who require them (recommended every 10 years).



## WHAT TO BRING

- CareCard/BC Services Card (if available)
- Immunization record (if you have one)



## WALK-INS WELCOME!

No appointments necessary



## QUESTIONS? WE'RE HERE TO HELP!

You can reach out to our team via call or text at any time.

Simply ask for Sarah, and she will be happy to address your questions. Alternatively, feel free to text the same number and request to speak with her.

If your question is urgent, please don't hesitate to ask any of our colleagues using the same number.



**TEAM CELL (CALL OR TEXT)**  
**604-897-4892**



**DESK PHONE (VOICEMAIL)**  
**604-476-7004**

*You can leave a voicemail and Sarah will get back to you*

# 5 Steps to Mental Wellbeing

Small actions, practiced often, can strengthen your wellbeing over time.

Taking care of your mental wellbeing doesn't have to be complicated. It's built through small, everyday choices that support your mind, body, and spirit.

These five steps are simple ways to stay balanced, connected, and grounded, especially during busy or challenging times.

You don't have to do everything at once.  
Even one small step can make a difference.



Connect

Build relationships with people who support and uplift you. Spend time with family, friends, and community



Be Active

Move your body in a way that feels good. Even a short walk can help clear your mind.



Keep Learning

Try something new or revisit something you enjoy. Learning builds confidence and keeps your mind engaged.



Give

Acts of kindness, big or small, create connection and purpose. Helping others also helps you.



Be Present

Slow down and notice the moment you're in. Pay attention to your thoughts, feelings, and surroundings.

## Take a Moment

- Which step feels easiest for me right now?
- Which one have I been missing lately?

**Wellbeing is not one big step, it's many small ones taken over time.**

# When Big Feelings Show up

All feelings are okay. Some just feel bigger than others.

Sometimes feelings can feel really big, like a storm inside your body. You might feel mad, sad, worried, or overwhelmed

You're not in trouble for having big feelings. You just need a little help to move through them.

## What Big Feelings Can Look Like:



**Fast heartbeat**

**Wanting to cry or yell**



**Feeling shaky or restless**

**Wanting to be alone**



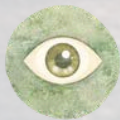
**Trouble focusing**

## What Can Help



**Take a breath**

Slow breath in... Slow breath out  
(try this 3 times)



**Look Around**

Name 3 things you can see



**Move your Body**

Stretch, shake your hands, or go for a short walk



**Talk to Someone**

A parent, elder, teacher, or someone you trust



**Take a Break**

Sit somewhere quiet, hold something comforting



## Try this:

- Hug something soft
- Draw how you feel
- Listen to music
- Go outside for fresh air

## Take a Moment

- What am I feeling right now?
- What do I need?





# Mother Bear Wellness Programs



## Supporting Wellness in Community

Join us for counselling, creative workshops, and safe spaces to connect. All are welcome.

### SHEREE

TUESDAYS & WEDNESDAYS

#### INDIVIDUAL COUNSELLING



Booking Times:

11:00 AM/12:00 PM/1:00 PM



Call or Text:

236-335-7643

### TUESDAYS



#### CREATIVE DROP IN

2:00 PM - 4:00 PM

Art & Bannock/Desserts

### WEDNESDAYS



#### REDPATH GROUP

2:00 PM - 4:00 PM

### JUSTIN

WEDNESDAYS

#### INDIVIDUAL SESSIONS



Booking Times:

EMAIL FOR AVAILABILITY



justinmenshealth@gmail.com

### WEDNESDAYS

#### MENS WELLNESS DROP-IN

6:00 PM - 9:00 PM

A welcoming space for men to connect, share, and support one another.

### CHARLOTTE (CYTHERA)

THURSDAYS

#### INDIVIDUAL COUNSELLING



Booking Times:

10:15 AM/11:15 AM/3:15PM



Call or Text:

604-329-6150

### THURSDAYS

#### WOMEN'S DROP-IN

1:30 PM - 2:30 PM

A welcoming space for women to connect, share, and support one another.

MAY 28TH  
NO PROGRAM



#### ALL ARE WELCOME

Everyone belongs  
Everyone is valued

*Walking together  
in a good way.*



#### QUESTIONS OR FOR MORE INFORMATION

Please reach out to the contact above for the program you are interested in.

# MAPLE RIDGE

COMMUNITY CORRECTIONS OUTREACH



SUPPORTING OUR  
COMMUNITY TOGETHER



SUPPORT



GUIDANCE



COMMUNITY

## JOIN US *for a* COMMUNITY INFORMATION SESSION



DATE

MAY 6, 2026



TIME

1:30 - 3:30 PM



LOCATION

Katie Health and  
Community Centre  
Small Wellness Room

### HAVE QUESTIONS ABOUT THE JUSTICE SYSTEM?

Probation Officer Lacey Jackson will be available to answer your questions about the Criminal Justice System, Court Services, and Community Supervision/Probation.

Whether you need guidance or support navigating these systems, Lacey is here to help.



PROBATION OFFICER  
LACEY JACKSON

Information.  
Support.  
Stronger Communities.



**FEEL FREE TO DROP BY *and* GET THE ASSISTANCE YOU NEED!**

No appointment necessary. Everyone is welcome.



YOU'RE INVITED!

# **ANXIETY AND DEPRESSION INFO SESSION**



JOIN FNHA FOR AN ENGAGING DISCUSSION ON  
**ANXIETY AND DEPRESSION**, INCLUDING  
**COMMON SIGNS, COPING STRATEGIES, AND  
PRACTICAL TOOLS** TO SUPPORT YOURSELF  
AND OTHERS.

*May 13<sup>th</sup>*

**12pm - 1pm in the Health Centre Gym**

Lunch is provided along with a chance  
for two people to win a \$25 gift card!

COME AS  
YOU ARE



LET'S NAVIGATE  
THIS TOGETHER



# Join us at our Hearing Health Check Day!

## Katzie Health and Community Centre

Thursday May 21, 9:30-3:00  
Large Wellness Room

- ✓ FREE on-site hearing tests
- ✓ State of the art technology
- ✓ Professional at-site after-care included
- ✓ FREE clean & check of existing devices
- ✓ Competitive pricing & acceptance of most third-party insurance plans

### Meet Your Clinician:

Jessica Chen, Registered Audiologist,  
RAUD RHIP

Jessica completed her BSc at the University of Waterloo and completed her Master's in Audiology Studies at the University of Queensland. Working as a clinician in the Lower Mainland since 2014, she enjoys empowering clients in the area of hearing and working with them long-term to achieve their goals.

Spots fill up fast! Call Sonise today to secure yours!



**(604) 465-8921**

[earstoyou.ca](http://earstoyou.ca)

**Head Office (604) 360-4079**



YOU'RE INVITED!

# **MENOPAUSE INFO SESSION**



JOIN FNHA FOR A FUN, INTERACTIVE CONVERSATION  
ON UNDERSTANDING MENOPAUSE;

**WHAT TO EXPECT, HOW TO ALLEVIATE SYMPTOMS  
AND FEEL YOUR BEST DURING THIS TRANSITIONAL  
PHASE OF WOMANHOOD**

*May 22<sup>nd</sup>*

**4:30pm - 6:30pm**

**in the Health Centre Large Boardroom**

**Coffee, tea and sandwiches provided**

**COME TO SHARE  
AND LAUGH**



**FRASER SALISH REGION**  
First Nations Health Authority

**LET'S NAVIGATE  
THIS TOGETHER**

# Foot Care & MOBILITY SERVICES

With Keiler Fulton, C.Ped (C)

Now Booking Appointments at the  
Katzie Health and Community Centre

## MEET YOUR PROVIDER

### Keiler Fulton, C.Ped (C)

My name is Keiler Fulton, and I have spent more than 10 years helping people move better. I graduated with a Bachelor's Degree in Science from Simon Fraser University in 2016, and achieved my Diploma as a Canadian Certified Pedorthist (C.Ped (C)) in 2018.

My goal is to help people move more with less pain in whatever way works best for them. I do this by assessing your lifestyle, footwear, and any injuries or pain that may be limiting you and finding treatment options.



## SERVICES AVAILABLE

*Direct billing to First Nation' Health Authority*

- Custom-Made Foot Orthotics
- Custom-Made Footwear/  
Footwear Modifications
- Medical Compression Stockings
- Non-custom lower limb bracing
- Footwear function and sizing recommendations



**CLINIC DATE**  
June 2nd, 2026



**Katzie Health &  
Community Centre**  
BY APPOINTMENT ONLY



## BOOKING INFO

Please contact the Katzie Health and Community Centre to book your appointment **604-465-8921**



# MEET & GREET

## FNHA PRIMARY CARE TEAM

The FNHA First nations Led Primary Care Initiative - Fraser West Team Invites you to a Meet & Greet at the Tetoten Community Centre.

Join us for lunch and a chance to connect with the FNHA Primary Care team, who will be supporting primary care services in the community.

June 8, 2026

12:00 PM - 2:00PM

Tetoten Community Centre  
Barnston Island

Lunch and Beverages will be provided

### Meet your FNHA Care Team:



**Mina Johal**  
Regional Manager, Clinical Health  
& Wellness Services, Fraser West



**Dr. Clay Marco**  
Physician



**David Kazun**  
Mental Health Clinician



**Sonya Sharma**  
Social Worker



**Janeen Girvan**  
Registered Nurse



**Donnabelle Labrado**  
Registered Nurse



**Neeki Derhami**  
Medical Office Assistant

**Shawna August**  
Medical Office Assistant

**Rainbow Acoby**  
Nurse Practitioner

We are excited to get to know you and answer any questions you may have!

We look forward to seeing you there!





# PRIMARY CARE CLINIC

Now Booking Appointments with Dr Clay Marco!

**Every Monday and Wednesday.**

9:30 AM - 2:30 PM

Katzie Health and Community Centre

**Call today to book your appointment**

☎ 604-313-4281

Email: [FS-FNPCI-FraserWest@fnha.ca](mailto:FS-FNPCI-FraserWest@fnha.ca)

☎ 604-465-8921 ext 422

*Spaces are limited, book early to secure your spot.*

## Services Provided through the FNHA team:

- Traditional Healing and Wellness
- Mental Health Counselling
- Nursing Services
- Family practice physicians
- Social Work
- Elder Support
- Harm reduction support



**Katzie Pharmacy**

# MEDICAL SERVICE

**YOUR HEALTH, OUR PRIORITY !**

Katzie Pharmacy has partnered with Avee Doctors to offer phone call appointments! Booking an appointment is easy:

How to Book:

**1. Visit Katzie Pharmacy:**

You can stop by Katzie Pharmacy, and they'll help you book your appointment with Avee Doctors.

**Things You'll Need:**

- Your full name
- Your cell phone number
- A preferred time to receive the call



**2. Self-Booking:**

If you prefer, you can scan the QR code on the right to book your appointment on your own.

The system will show you the first available time slot.

- Click on that time
- enter your cell number, and
- you'll receive a text confirmation.
- Follow the prompts to complete your appointment setup.





# Barnston Island Nurse onsite

Fraser Health **Nurse Catalina** will be visiting Tetoten Wellness Centre on Barnston Island to provide nursing services to the Community.



**EVERY WEDNESDAY**

Time: 9:00am – 3:30pm



**PLACE:**

Tetoten Wellness Centre,  
Barnston Island



Community members are welcome to stop by during these hours for nursing care and support.



If you would like to pre-book an appointment please call Jennifer MOA at **604-465-8921 ext 422**



# FITNESS CLASSES



## LIGHT STRENGTH & CONDITIONING TRAINING

A gentle, accessible class designed to build functional strength, improve mobility, and support overall wellness.

Perfect for beginners, Elders, or anyone looking to stay active with safe, low-impact movement.

### New Participants:



Please arrive **10 minutes early** to fill out a participant waiver.



This will also give everyone a chance to communicate any injuries or personal goals.



Let's work together to make your experience safe and successful!



**Tuesday**

6:30 PM - 7:30 PM



**Sunday**

10:00 AM - 11:00 AM

\* Please Note: times may vary depending on gym rentals/programs and emergencies



**Katzie Health and Community Centre**

**GYMNASIUM**

19700A Salish Road, Pitt Meadows

### What to Bring:

- Towel
- Water



**FREE** FOR ALL KATZIE MEMBERS



**WIN A \$50 SPORTCHEK GIFT CARD!**

Draw held during classes.

**COME MOVE. GET STRONGER. FEEL BETTER. TOGETHER.**

# May 2026



For more information, or to book an appointment call the front desk at 604-465-8921

| Sunday  | Monday   | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday |
|---|--|--|---|--|---|----------|
| 28  | 27   | 28   | 29  | 30   | 1   | 2        |
|   |  |  |   |  | Jennifer Prince, MOA<br>Fraser Health<br>8:30am - 4:00pm  |          |
| 3   | 4  | 5  | 6   | 7  | 8   | 9        |
| Training with Tammy<br>in the Gym<br>9:30 - 10:30 | David Kuzan<br>Mental Health Clinician<br>9:00am - 3:00pm<br><br>Dr Marco<br>9:30am - 2:30pm<br><br>Natalie - Youth Counselling<br>Fraser Health<br>9:00am - 3:30pm<br><br>SASET - Sto:lo Aboriginal<br>Skills & Employment Training<br>9:00am - 2:15pm<br><br>Immunization Clinic<br>Fraser Health<br>2:00pm - 5:00pm | Jennifer Prince, MOA<br>Fraser Health<br>8:30am - 4:00pm<br><br>Jenna Gaines<br>Indigenous Substance Use<br>Clinician<br>8:30am - 4:00pm<br><br>Smile in a Van<br>10:00am - 4:00pm<br><br>Emily Dunn<br>Mental Health Liaison Nurse<br>1:00pm - 4:00pm<br><br>Training with Tammy<br>6:30pm - 7:30pm | Ivy Huang, Counsellor<br>8:30am - 4:30pm<br><br>David Kuzan<br>Mental Health Clinician<br>9:00am - 3:00pm<br><br>Dr Marco<br>9:30am - 2:30pm<br><br>Roni from Legal Aid<br>10:00am - 11:00am<br><br>Lacey Jackson<br>Maple Ridge Corrections<br>1:30pm - 3:30pm | Nicole Ong<br>Nurse Practitioner<br>8:00am - 4:30pm<br><br>Jennifer Prince, MOA<br>Fraser Health<br>8:30am - 4:30pm  | Nicole Ong<br>Nurse Practitioner<br>8:00am - 4:30pm<br><br>Jennifer Prince, MOA<br>Fraser Health<br>8:30am - 4:30pm<br><br>Naturopath<br>10:00am - 2:00pm   |          |
| 10  | 11   | 12   | 13  | 14   | 15  | 16       |
| Training with Tammy<br>in the Gym<br>9:30 - 10:30 | David Kuzan<br>Mental Health Clinician<br>9:00am - 3:00pm<br><br>Dr Marco<br>9:30am - 2:30pm<br><br>Natalie - Youth Counselling<br>Fraser Health<br>9:00am - 3:30pm<br><br>SASET - Sto:lo Aboriginal<br>Skills & Employment Training<br>9:00am - 2:15pm  | Jennifer Prince, MOA<br>Fraser Health<br>8:30am - 4:00pm<br><br>Jenna Gaines<br>Indigenous Substance Use<br>Clinician<br>8:30am - 4:00pm<br><br>Dr Karen Smith<br>Traditional Chinese Medicine<br>8:30am - 3:00pm<br><br>Training with Tammy<br>6:30pm - 7:30pm                                      | Ivy Huang, Counsellor<br>8:30am - 4:30pm<br><br>David Kuzan<br>Mental Health Clinician<br>9:00am - 3:00pm<br><br>Dr Marco<br>9:30am - 2:30pm<br><br>Roni from Legal Aid<br>10:00am - 11:00am<br><br>Anxiety & Depression<br>Workshop<br>12:00pm - 1:00pm        | Nicole Ong<br>Nurse Practitioner<br>8:00am - 4:00pm<br><br>Jennifer Prince, MOA<br>Fraser Health<br>8:30am - 4:30pm<br><br>Reiki with Rachelle<br>8:30am - 2:00pm                  | Jennifer Prince, MOA<br>Fraser Health<br>8:30am - 4:30pm<br><br>Naturopath<br>10:00am - 2:00pm  |          |
| 17  | 18   | 19   | 20  | 21   | 22  | 23       |
| No Workout  | David Kuzan<br>Mental Health Clinician<br>9:00am - 3:00pm<br><br>Dr Marco<br>9:30am - 2:30pm<br><br>Natalie - Youth Counselling<br>Fraser Health<br>9:00am - 3:30pm<br><br>SASET - Sto:lo Aboriginal<br>Skills & Employment Training<br>9:00am - 2:15pm  | Jennifer Prince, MOA<br>Fraser Health<br>8:30am - 4:00pm<br><br>Jenna Gaines<br>Indigenous Substance Use<br>Clinician<br>8:30am - 4:00pm<br><br>Smile in a Van<br>10:00am - 4:00pm<br><br>Emily Dunn<br>Mental Health Liaison Nurse<br>1:00pm - 4:00pm<br><br>Training with Tammy<br>6:30pm - 7:30pm | Ivy Huang, Counsellor<br>8:30am - 4:30pm<br><br>David Kuzan<br>Mental Health Clinician<br>9:00am - 3:00pm<br><br>Dr Marco<br>9:30am - 2:30pm<br><br>Roni from Legal Aid<br>10:00am - 11:00am<br><br>Open House &<br>General Band Meeting<br>2:00pm - 6:00pm     | Nicole Ong<br>Nurse Practitioner<br>8:00am - 4:00pm<br><br>Jennifer Prince, MOA<br>Fraser Health<br>8:30am - 4:30pm<br><br>Ears to You<br>Mobile Hearing Clinic<br>9:00am - 3:00pm | Nicole Ong<br>Nurse Practitioner<br>8:00am - 4:30pm<br><br>Jennifer Prince, MOA<br>Fraser Health<br>8:30am - 4:30pm<br><br>Naturopath<br>10:00am - 2:00pm<br><br>Perimenopause and<br>Menopause workshop<br>4:30pm - 6:00pm |          |
| 24  | 25   | 26   | 27  | 28   | 29  | 30       |
| Training with Tammy<br>in the Gym<br>9:30 - 10:30 | David Kuzan<br>Mental Health Clinician<br>9:00am - 3:00pm<br><br>Dr Marco<br>9:30am - 2:30pm<br><br>Natalie - Youth Counselling<br>Fraser Health<br>9:00am - 3:30pm<br><br>SASET - Sto:lo Aboriginal<br>Skills & Employment Training<br>9:00am - 2:15pm  | Jennifer Prince, MOA<br>Fraser Health<br>8:30am - 4:00pm<br><br>Jenna Gaines<br>Indigenous Substance Use<br>Clinician<br>8:30am - 4:00pm<br><br>Dr Karen Smith<br>Traditional Chinese Medicine<br>8:30am - 3:00pm<br><br>Training with Tammy<br>6:30pm - 7:30pm                                      | Ivy Huang, Counsellor<br>8:30am - 4:30pm<br><br>David Kuzan<br>Mental Health Clinician<br>9:00am - 3:00pm<br><br>Dr Marco<br>9:30am - 2:30pm<br><br>Roni from Legal Aid<br>10:00am - 11:00am  | Nicole Ong<br>Nurse Practitioner<br>8:00am - 4:30pm<br><br>Jennifer Prince, MOA<br>Fraser Health<br>8:30am - 4:30pm  | Jennifer Prince, MOA<br>Fraser Health<br>8:30am - 4:30pm<br><br>Naturopath<br>10:00am - 2:00pm  |          |

# Katzie Pharmacy



## Medical Equipment Process

Need Crutches or Emergency Medical Supplies? For any injury that prevents you from walking, a doctor must assess your condition. If crutches are needed, the doctor will provide a prescription, which will allow the items to be covered by insurance.

### Crutches:

- Insurance coverage available
- Prescription required

### Other Medical Equipment Available:

- Knee Scooters
- Wheelchairs
- And more!

### Coverage Assistance:

- Contact Jennifer Prince to book an appointment with Catalina to help with obtaining the necessary documentation.
- Coverage can be provided through FNHA (First Nations Health Authority).

## Hours

|                  |                 |
|------------------|-----------------|
| <b>Monday</b>    | 9:00am - 4:00pm |
| <b>Tuesday</b>   | 9:00am - 4:00pm |
| <b>Wednesday</b> | 9:00am - 4:00pm |
| <b>Thursday</b>  | 9:00am - 4:00pm |
| <b>Friday</b>    | 9:00am - 4:00pm |
| <b>Saturday</b>  | 9:00am - 9:30am |

### Available Vaccinations:

- Shingles [available for First Nation clients ages 60 - 70]
- Pneumonia [recommended every 5 years for high-risk clients]
- Tetanus
- HPV
- Hepatitis A/B
- Abrysvo vaccination [recommended for pregnant individuals between 32-36 weeks]
- MMR vaccine
- Boostrix or Adacel (Tdap) [recommended for pregnant women]
- Flu shots
- COVID-19 mRNA vaccines [Pfizer & Moderna, new generation]

Other vaccinations may be available if patients have medical insurance, a doctor's recommendation, or specific clinical needs

COVID Tests and Naloxone Kits also available. Cold and Flu kits also available

### Services Offered:

- Specialized Services
- Medical Equipment
- Patient Management
- Prescription Reminder
- Free Delivery
- and more

Walk in  
No appointment needed



604-457-1030



katziepharmacy@gmail.com



19700A Salish Road, Pitt  
Meadows, BC, V3Y 2G6

# Community Resources

Find information about the various support services available within our community. Whether you need assistance with mental health, addiction, or general healthcare, this section will guide you towards the resources you need.

## Need a Doctor?

Virtual Doctor of the Day through FNHA

1-855-344-3800

7 Days a week | 8:30am - 4:30pm

## Need a Nurse?

Katzie Community Health Nurse

Office: 604-465-8921 ext 422

## Help with Mental Wellness?

For mental health support and to book an appointment with a Counsellor or Cultural Healer, please refer to the next page for a list of service providers and their contact information

## Naturopath Clinics:

Fridays from 9:30 AM to 3:00 PM

Naturopathic physicians frequently excel in treating chronic conditions that may not respond well to conventional medicine. These conditions include, but are not limited to, diabetes, high blood pressure, fatigue, pain, sleep issues, and digestive disorders.

To schedule your appointment, please contact Sonise. Phone: 604-465-8921 ext 101

## Medical Transportation Rides Schedule

Here are the available times for Medical Transportation Rides:

- **\*\*Local Appointments\*\***
  - (Pitt Meadows, Coquitlam, Maple Ridge)
  - Monday to Friday: 9:30 AM - 12:30 PM
- **\*\*Appointments Further Away\*\***
  - Monday to Friday: 10:00 AM - 11:30 AM
  - \*Note: Exceptions are made for Specialist Appointments Only\*

Eligible appointments include those for Family Doctor, Vision Care, Dental, Physiotherapy, and Medical Labs. Please note that medical rides are available exclusively for Katzie Members who do not have a functioning vehicle at home and require transportation to their medical appointments.

When booking, be prepared to provide your status number and date of birth if necessary.

Additionally, bus tickets are available for medical appointments.

Please ensure to book Medical Transportation at least 24 hours in advance. For further information, contact the Health Department at (604) 465-8921 or visit the Front Desk at the KHCC.

## Legal Aid | Roni

Wednesdays from 10am—11am

Drop in, or book an appointment via email [rmagnusson@mrpmcs.ca](mailto:rmagnusson@mrpmcs.ca)

A legal aid community partner offers free or low-cost legal services to individuals unable to afford traditional representation.

Services include legal advice, representation, educational resources, and referrals, empowering vulnerable populations to navigate legal challenges and protect their rights.



If you have any questions about these services you can contact MOA Reception at 604-465-8921 or [sonise@katzie.ca](mailto:sonise@katzie.ca)

# COUNSELLING SERVICE

A counseling service is a professional support service that provides emotional and mental health support to individuals who are facing personal challenges or difficulties.

## Our Counsellors:

- **Siobhan Avery, Counsellor**
  - Savery7@outlook.com
  - 778-791-1763
- **Dan Kim, Counsellor**
  - dan.avantcounselling@gmail.com
- **Natalie Loi, Counsellor**
  - requires referral from Family Doctor
- **Alysha Khakh**
  - alysha@katzie.ca
  - 604-454-7397
- **(Ivy) Yibin Huang**
  - 604-465-8921 ext 422

## Our Cultural Advisors:

- **Damian George**
  - damian@katzie.ca



# Health Services

Contact the front desk at 604-465-8921 to book for the following services.



## Nurses Clinic [by Appointment]

Monday - Friday  
8:30am - 4:30am

Need to see a nurse? Whether you have questions, need advice, or require a quick check-in, our dedicated nurses are ready to assist you.

To book an appointment call Katzie Health and Community Centre: 604-465-8921 ext 422

### Services Offered

- General Health assessments
- Blood pressure checks
- Minor wound care
- Medication management such as reviews
- Health education and counselling
- Referrals to other healthcare professionals if necessary

### Benefits

- Quick and easy access to culturally safe healthcare services
- Confidential and respectful environment
- Expert guidance from our experienced nurses
- Peace of mind knowing your health concerns are addressed promptly

## Foot Care Services

Available for Elders, Diabetics, and Vulnerable Members

If you have trouble reaching your feet and need foot care services, we are here to help!



To book an appointment or for more information, please call the Health & Community Centre.

Take care of your feet, your health depends on it!



## The importance of making your appointments and keeping them

The relationship between you and your Health Care professional is crucial for the success of your treatment and overall wellness. Making and Keeping appointments reflects your respect for others and shows that you value their time. Consistently attending scheduled sessions lay the groundwork for the essential, and sometimes challenging, work involved in your treatment.

If you need to cancel an appointment, please inform us as soon as possible by calling 604-465-8921. This allows us to offer your time slot to another person in need.

We must be considerate of our practitioners' schedules and their time in the community. If missed appointments become a regular issue, we will need to discuss the situation further, as we incur costs for the service even if you do not attend.

The Healthcare Team

# Mental Health Supports

## 24 hour supports

### Hope for Wellness Help Line

offers immediate mental health counselling and crisis intervention by phone or online chat.  
Phone (toll-free) 1-855-242-3310  
Website: [hopeforwellness.ca](http://hopeforwellness.ca)

### KUU-US Crisis Line Society

provides crisis services for Indigenous people across BC.  
Phone (adults and Elders): 250-723-4050  
Phone: (Youth) 250-723-2040  
Phone (toll-free) 1-800-588-8717  
Website: [www.kuu-uscrisisline.com](http://www.kuu-uscrisisline.com)

### Metis Crisis Line

is a service of Metis Nation British Columbia  
Phone: 1-833-638-4722

**VictimLink BC** Immediate 24 hours, 7 days a week, crisis support or victims of family or sexual violence. This service also provides information and referrals for all victims of crime.  
Phone: 1-800-563-0808  
Email: [VictimLinkBC@bc211.ca](mailto:VictimLinkBC@bc211.ca)

### 9-8-8 National Suicide Crisis

**Hotline** offers immediate support anytime for support in English or French

**1-800-SUICIDE** offers support for those experiencing feelings of distress including thoughts of suicide. This phone line is available in over 140 languages  
Phone: 1-800-784-2433

## Indian Residential School Supports

*Indian Residential School (IRS) survivors and impacted family members can access supports directly from the IRS service providers listed below.*

### Adah Dene Healing Society

provides health and cultural supports. Phone: 250-996-5024  
Email: [nakazdli.elders@outlook.com](mailto:nakazdli.elders@outlook.com)

### Carrier Sekani Family Services

provides health and cultural supports.  
Phone: 250-567-2900  
Email: [slarocque@csfs.org](mailto:slarocque@csfs.org)

### Gitanmaax Health Gitxsan Health Society

provides health and cultural supports. Phone: 250-842-6320 or  
Email: [healthdirector@gitanmaax-health.ca](mailto:healthdirector@gitanmaax-health.ca)

### Gitanyow Human Services

provides health and cultural supports.  
Phone: 250-849-5288  
Email: [director@gitanyowhealth.ca](mailto:director@gitanyowhealth.ca)

### Indian Residential School Survivors Society (IRSSS)

is a partner with FNHA in providing access to counselling, cultural and emotional support services to former students of residential and day schools, and their families, regardless of status.  
Phone (toll-free): 1-800-721-0066  
Website: [www.irsss.ca](http://www.irsss.ca)

## Indian Residential School Crisis Line

is a national service for anyone experiencing pain or distress as a result of their residential school experience.  
Phone (toll-free): 1-866-925-4419

### Kispiox Health

provides health and cultural supports.  
Phone: 250-842-6236 or Email: [tbaskin@anspayaxwhealth.ca](mailto:tbaskin@anspayaxwhealth.ca)

### Nuu Chah Nulth Tribal Council

provides health and cultural supports  
Phone: 250-724-3939 or Email: [sanne.vanvlerken@nuuchahnulth.org](mailto:sanne.vanvlerken@nuuchahnulth.org)

### Okanagan National Alliance

provides health and cultural supports.  
Phone: 250-826-7844  
Email: [Wellness.Manager@syilx.org](mailto:Wellness.Manager@syilx.org)

### Sik-E-Dakh Health Society

provides health and cultural supports.  
Phone: 250-842-6876  
Email: [andrew@sikedakh.org](mailto:andrew@sikedakh.org)

### Tsow-Tun Le Lum Society

provides confidential outreach services such as counselling, cultural supports and personal wellness programs.  
Phone: (toll-free): 1-888-403-3123  
Website: [www.tsowtunlelum.org](http://www.tsowtunlelum.org)

# Mental Health Supports cont.

## Other culturally-safe supports

**BC Alcohol & Drug Information Referral Service** provides information about substance use treatments or supports in your area.

Phone: 1-800-663-1441

Phone (Lower Mainland): 604-660-9382

**BC Seniors' Distress Line** offers support for Seniors or anyone who is concerned about an older adult. Phone: 604-872-1234

**Foundry virtual access** province-wide virtual services for youth under 24 and their caregivers. All services are free and confidential, and may be accessed through the Foundry BC app or chat. Phone: (1-833-308-6379) or video calls.

**310 Mental Health Support** offers emotional support, information and resources specific to mental health. This phone line is available in over 140 languages  
Phone (no area code) 310-6789

## Youth Supports

**North Fraser Indigenous Child and Youth Mental Health (ICYMH) Community-based teams** offer free mental health and emotional wellness outreach counselling for children and youth aged 0-19  
Call or Text Roger: 604-816-5580  
Email [roger.ekman@gov.bc.ca](mailto:roger.ekman@gov.bc.ca) to access

**Child and Youth Mental Health (CYMH) Community-based teams** offer mental health counselling for children and youth and their families across BC from the Ministry of Children and Family Development. Virtual care is available by phone and online. Call your closest Child and youth Mental Health clinic.

**Kids Help Phone** Get 24/7, immediate counselling, support, information and referrals. Phone: 1-800-668-6868 or Text: TALK to 686868  
Texting support for adults available by texting TALK to 741741

**Youth in BC** offers crisis support available for youth 25 and under  
Website: [youthinbc.com](http://youthinbc.com)

## Regional health authority mental health supports

*The following regional health authority supports are available to all BC residents*

### Fraser Health

Phone: 1-866-766-6960

Website:

<https://www.fraserhealth.ca/health-topics-a-to-z/indigenous-health/indigenous-mental-health-and-wellness>

### Interior Health

Phone: 310-MHSU (6478)

Website:

<https://www.interiorhealth.ca/health-and-wellness/mental-health-and-substance-use/mental-health/adult-mental-health-services-and-resources>

### Island Health

Phone: 1-888-885-8824

Website:

<https://www.islandhealth.ca/our-services/mental-health-substance-use-services>

### Northern Health

Phone: 310-6789

Website:

<https://www.northernhealth.ca/services/mental-health-substance-use/get-help-now>

### Vancouver Coastal

Phone: 8-1-1

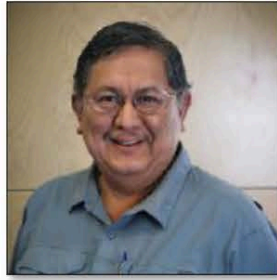
Website:

<https://www.vch.ca/en/health-topics/mental-health-substance-use>

**Leadership:**



**Grace George**  
Chief  
grace@katzie.ca  
Ext: 202



**Rick Bailey**  
Council  
rick@katzie.ca  
Ext. 207



**Darcy Erickson**  
Council  
darcy@katzie.ca  
Ext. 208



**David Kenworthy**  
Council  
david@katzie.ca  
Ext. 209

**Health and Community Centre: 19700a Salish Road | 604-465-8921**

|     |                 |   |                                  |
|-----|-----------------|---|----------------------------------|
| 101 | Sonise Kittlitz | MOA Reception                               | sonise@katzie.ca                 |
| 103 | Barbara Larsen  | Health Services Executive Assistant         | healthservicesea@katzie.ca       |
| 116 | Alysha Khakh    | Clinical Social Worker                      | alysha@katzie.ca                 |
| 420 | Allison Carcamo | Mental Health and Substance Use Coordinator | allison@katzie.ca                |
| 422 | Jennifer Prince | Fraser Health MOA                           | jennifer.prince2@fraserhealth.ca |
| 427 | Damian George   | Traditional Healing & Support Worker        | damian@katzie.ca                 |

**Band Office**  
Ph: 604-465-8961

**Katzie Health and  
Community Centre**  
Ph: 604-465-8921

**Pharmacy**  
Ph: 604-457-1030

**Katzie Dev Corp**  
Ph: 604-460-8837

**Early Years Centre**  
Ph: 604-458-0045